



## What's on

Your guide to activities, clubs and events in the borough

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# Waltham Forest NEWS

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Issue 176 23 January 2017



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BE THE ONE  
**FOSTER**  
Become a WALTHAM FOREST carer

## Dear Resident,

Waltham Forest is lucky to have truly fantastic foster carers; men and women who have gone above and beyond to offer love and support to a child in need.

I want to take this opportunity to say thank you to them for their hard work transforming the lives of the children they've cared for and helping them to reach their full potential.

It's by no means an easy task, but fostering a child can be incredibly rewarding. While we do all we can to place children with loving foster families, we're reliant on caring residents stepping forward to welcome a young person into their home.

In recent years, many of our foster carers have opened their doors to asylum-seeking children who have been left feeling scared and alone after fleeing violence in their country. I would like to pay particular tribute to those carers who have given these young people support to flourish here.

The sad truth is that there simply aren't enough carers available to help every child in need. We've seen more potential foster

carers stepping forward to answer the call in recent months, but help is still needed. That's why we're urging anyone interested in the role to find out more, and see if it could be for them.

We are looking for carers who have the time, energy, commitment and space to do something truly amazing, something that could transform a child's life.

Carers have 24/7 access to social worker support, extensive training and a rewards package that includes a professional fee and up to 60 per cent off Council Tax. Other benefits include membership at any of the Council's leisure centres and access to a variety of discounts from major brand retailers.

Read on to find out more about becoming a foster carer.

**Cllr Grace Williams**, Waltham Forest Council's Cabinet Member for Children and Young People



[www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk)

# Become a Waltham Forest foster carer

We are committed to caring for the young people in our borough who need a home – and that's where you come in. As a Waltham Forest foster carer you will receive a fantastic package including:

- Payment of up to £445 per week which includes your fee in recognition of your skills
- Up to 60 per cent off your Council Tax bill if you live in Waltham Forest or a payment toward your Council Tax if you live outside of the Borough
- Discounted membership at any of our six leisure centres for you and your family
- Access to a lifestyle hub of Waltham Forest foster carer's benefits and discounts off major brands
  - Save money at over 2,000 of the UK's favourite retailers
  - Purchase discounted cinema tickets
  - Find discounts on major attractions, venues and places of interest
- Outstanding preparation and on-going training (Ofsted commended)
- Dedicated Social Worker and out of hours support
- Support group offering friendship and learning
- Allowance to help with setting up costs
- Fosternet – your very own web portal giving you access to information and training to help with your role
- Free membership of the Fostering Network – a national body for foster carers

We will always place a local young person with a Waltham Forest carer ahead of another fostering agency.

Please visit [www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk) for more information

## GLENDORA AND HER DAUGHTERS' STORY

Glendora has been a Waltham Forest foster carer for over seven years.

Foster carer Glendora spoke about her reasons for wanting to foster with Waltham Forest and said;

"I wanted to foster because I love children, I love to care for them and to see them develop. I was at college studying for my NVQ level 3 in child care and we discussed fostering on my course. My five children had grown up and I knew I could make a difference. I had the space in my home so it was the right time for me. I live locally and wanted to help local children."

"I have fostered five children, each of these children has stayed with me for over one year and the fifth child has been with me since June."

"For me, the best thing about being a foster carer is seeing the difference that I can make to a child's life. When a child moves on, I sometimes keep in touch. I still see my first child and take gifts to him on his birthday, my second child was a bridesmaid at my daughter's wedding and I recently sent a Christmas box to my third child who now lives abroad. My fourth child's birth mum called to wish me a happy birthday last year."

"I chose to foster with Waltham Forest rather than another agency because the team are friendly and helpful and I am very happy with the support I receive. As a Waltham Forest foster carer, I have met many people and friends and have gained a lot of understanding from other foster carers at the support groups. I have also learnt a lot through the specialist training I have received. My social worker is very kind and always there for me, because of this I feel comfortable to approach her and ask her any questions."

Glendora's daughters Arleone and Philicia share their experience of living in a fostering household: **Arleone**; "Living within a fostering household is filled with a lot of emotion. I get the chance to positively impact each and every one of the children we come into contact with. As a support worker to my

mum I get the opportunity to let the children know they are loved beyond measure. I believe every child should feel loved and appreciated for who they are, and no matter what, we as a family will forever love them."

**Philicia**; "Living in a fostering household gives me the gratification of seeing the children grow and learn."

"I also enjoy sharing the responsibility of making them feel happy. I'll always be thankful for tips I've learned from being part of a fostering family as they will be very useful to me personally as an adult in the future."

### CASE STUDY



Above: Arleone, daughter (left), Philicia, daughter (centre) and Glendora, Waltham Forest foster carer (right)

Up to  
**£445**  
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[www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk)

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Issue 176 23 January 2017

## LGBT History Month

Waltham Forest is gearing up to mark LGBT History Month with events throughout February

**An insightful and engaging calendar of events has been put together to help residents across the borough celebrate the lesbian, gay, bisexual, transgender and questioning and/or queer (LGBTQ) community and its history.**

It has been put together by Wood Green based arts charity Wise Thoughts, which has been commissioned by the Council to organise an array of activities as part of LGBT History Month 2017.

Wise Thoughts will present a series of film screenings, workshops and authors' talks, starting with a Film Cafe on Monday 13 February. Led by highly accomplished and experienced filmmaker Campbell X, known around the world for her feature film 'Stud-life', the event will offer advice to young, upcoming LGBTQ filmmakers.

In addition, the Council will be hosting its first-ever 'Pink' Wedding Fair at the William Morris Gallery (Forest Road, E17 4JF) from 10am to 5pm on Saturday 4 February. The event will give LGBTQ couples a chance to find out what the Georgian mansion has to offer, should they be

planning their nuptials.

Council Leader, Chris Robbins, said: "We're hugely proud to be such a vibrant and diverse borough, and events like these are a wonderful way to bring residents with different backgrounds and beliefs together as one community."

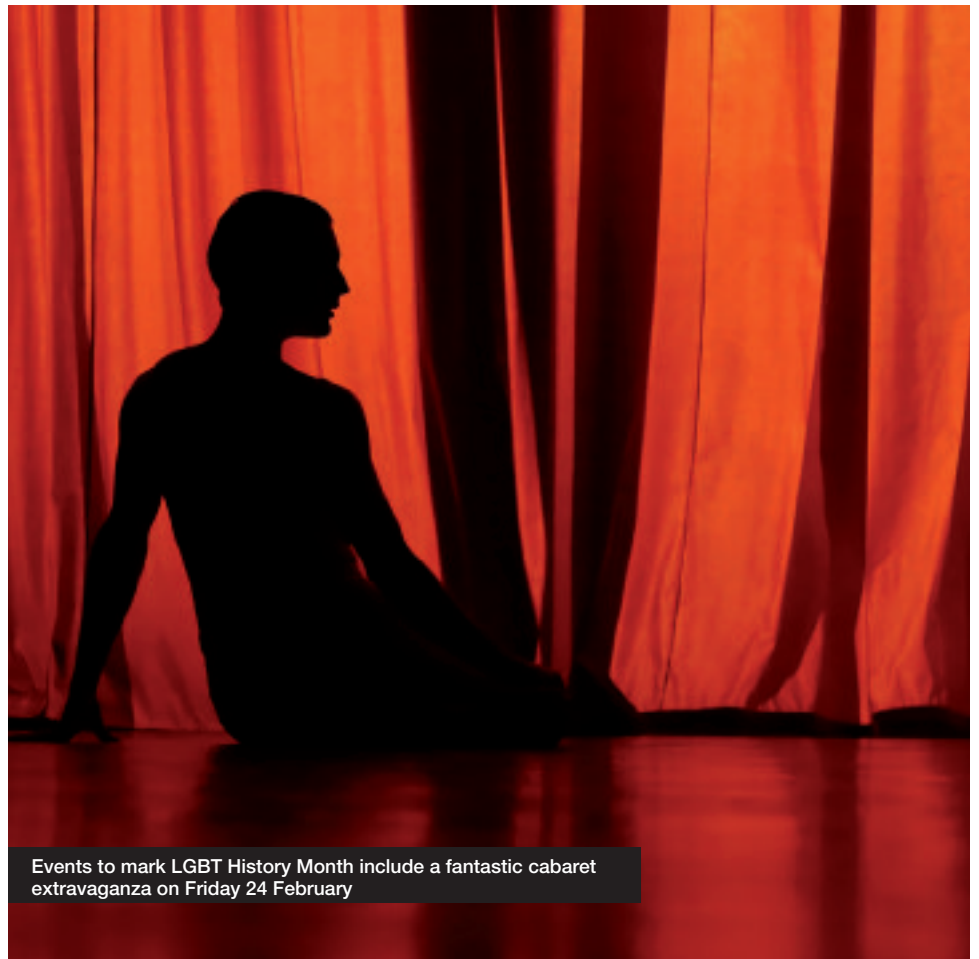
"As well as giving people a chance to gain greater awareness and understanding of the LGBTQ community, it also showcases the valuable contribution it has made to society."

The finale of Waltham Forest LGBT History Month will be a cabaret extravaganza at Mirth, Marvel and Maud (186 Hoe Street, E17 4QH) on Friday 24 February.

You can follow everything that's going on, and show your support, using #GFESTbytes on Twitter.

### More info

Tickets for events can be booked online via Eventbrite. Visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search 'grestbytes'. To see the full programme of events, visit [www.walthamforest.gov.uk/LGBT-history-month](http://www.walthamforest.gov.uk/LGBT-history-month).



Events to mark LGBT History Month include a fantastic cabaret extravaganza on Friday 24 February

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- Gym • Soft Play • Athletics Track •
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# Engagement in action



The prevent programme aims to stop extremism of all kinds. Cllr Liaquat Ali MBE JP, Cabinet Member for Community Safety and Cohesion, met Minister of State for Security at the Home Office, Ben Wallace MP, to discuss Prevent during a ministerial visit last November

- **Local people hear about work of the Prevent team**
- **Community event took place last month**

the different safeguarding work carried out by community safety officers, those in attendance had the opportunity to ask questions and put forward their own views.

A presentation was delivered by Council officers about the safeguarding aims of the national Prevent programme, which aims to stop people from supporting terrorism or becoming terrorists. It was followed by a discussion about how the community can get more involved.

During the event, some audience members shared their opinions about radicalisation risks and the impact it can have. There was also

an opportunity for questions to be asked of the Council's Prevent team to talk about local projects, provide reassurance that the programme is voluntary and pre-criminal, address misunderstandings about Prevent, and to explain how to access further advice and support through the local Channel Panel.

Follow-up meetings have been arranged to ensure engagement is ongoing.

## More info

For more information about the Council's Prevent work, visit [www.walthamforest.gov.uk/content/prevent](http://www.walthamforest.gov.uk/content/prevent).

**Members of Waltham Forest's Somali community learned more about the work the Council does to support people at risk**

**of radicalisation after inviting the borough's Prevent team to a special event.**

In the region of 60 people were in

attendance at Waltham Forest Town Hall (Town Hall Complex, Forest Road, E17 4JF) last month for the event. As well as hearing about

## In my opinion



**Helen Bigham**

Business Development Manager – The Mill, Walthamstow

**Recently I joined The Mill, a volunteer-led community space in Walthamstow, as its Business Development Manager. Open to the public throughout the week, everyone is welcome to drop in, read the papers, view art exhibitions, join a group or activity or use the Children's Room. Ultimately, The Mill aims to be E17's friendliest living room!**

The Mill does things slightly differently. We don't run services or decide what goes on; instead we provide the space and the resources for activities and everything that happens here is

run by residents who want to make the St James end of Walthamstow Market a better place to live in.

The Mill is built on a strong foundation of community spirit and welcoming new ideas, which means the space can be used in very positive ways. The Mill values the importance of residents coming in, but more importantly to keep them coming back again and again.

The Mill relies on the community to help make it a success. Local people and businesses alike need to be active participants in building a strong, sustainable and enriching community. The Mill can only provide an effective venue if local

people really care about it. Not just a few people, but the vast majority, and for them to be willing to work together to keep it going and help it grow.

To create a better place for everyone, local people and businesses have to be prepared to give their time and energy. There needs to be a sense of pride in the neighbourhood and an acceptance and tolerance of each other; not just among any close-knit group.

The Mill is fortunate to have a group of people committed and dedicated to make it a great place to visit. Watching them in action influenced me to take on my new

role, to be part of the team that develops more activities, groups and many other opportunities. I've enjoyed a warm welcome but it's not just me that feels included. I can see that everyone goes out of their way to embrace and welcome all visitors regardless of age, culture and background.

But don't take my word for it, come along and find out more about what's on offer. Maybe you

could join as a volunteer or have an idea on a group or activity that you'd like to run? I'd love to have a chat, hear your suggestions and help you grow your idea. Pop into the Mill at 7-11 Coppermill Lane, Walthamstow, E17 7HA, phone **020 8521 3211** or email me at [helenb@themill-coppermill.org](mailto:helenb@themill-coppermill.org). You can also visit [www.themill-coppermill.org](http://www.themill-coppermill.org).

## Want to have your say?

**If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk) and tell us what you'd like to write about.**

## Contact Waltham Forest Council



[www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)

**BETTER ONLINE** | More services available online.



## Waltham Forest News

**Editor:** Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk).

**Advertising and promotional enquiries:**

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Waltham Forest News is published fortnightly by London Borough of Waltham Forest with a print run of 110,000 copies delivered to homes, organisations, businesses and bulk drops in the borough.

The official independently audited free letterbox delivery of Waltham Forest News is 97,198 ABC Regional Dec 2014 to Dec 2015

# Library Local consultation

**Residents are being urged to have their say on proposed improvements to Library Local branches in the borough, before the consultation closes on Tuesday 31 January.**

The Council's vision for Library Locals is for them to match up to the best public libraries in London, with no reduction in the number of branches and no resident living further than 1.5 miles from their nearest library.

The proposals include upgraded ICT facilities; self-service technology; spaces for personal study; meeting spaces for library

and community use; and space and flexibility to accommodate events and activities.

You have until Tuesday 31 January to complete the consultation survey. The Council's preferred improvement option is that the Library Locals at Higham Hill and Wood Street would be relocated and remodelled into more modern and accessible buildings that are closer to other community facilities, while the site at Lea Bridge would be refurbished.

"We've been listening to residents' views about our vision for Waltham Forest's Library

Locals, and are undertaking further consultation with the community about future plans to make sure we've been as clear as possible about potential improvements," said Cllr Sharon Waldron, Cabinet Member for Digital and Customer Services.

"We know how well-loved our library service is – something clearly evidenced by the response to our consultation so far. That's why we're committed to making our library service better at a time when neighbouring authorities are reducing theirs.

"Through this process we want

to ensure that future improvements to Library Locals will help to create a library service for the whole community.

Residents deserve a high quality, 21st Century library service that meets their needs and is easily accessible."

## Take part

To take part in the consultation before it closes on Tuesday 31 January, visit [www.walthamforest.gov.uk/libraryconsultation](http://www.walthamforest.gov.uk/libraryconsultation).

## In brief

### Better Boilers

The Mayor of London, Sadiq Khan, is urging home owners living in fuel poverty to find out if they are eligible for a grant for a new boiler under his Better Boilers scheme, which was launched last December. The pilot scheme – which is being funded to the tune of £1million – will help 500 fuel-poor owner-occupiers to keep warm this winter by replacing or repairing their inefficient and broken boilers with new 'A-rated' ultra-low emission appliances. To be eligible to apply you must be the homeowner and live in the property, and be in receipt of benefits such as Pension Credit, Child Tax Credit, Working Tax Credit, Income Support, Job Seekers Allowance or Universal Credit. Having a new boiler could help you save £340 on your heating bill and save as much as 20 per cent energy on heating.

• For more information, or to apply, visit <https://betterboilers.london.gov.uk/>.

# Nominate your local heroes



## Lea Valley Eastside consultation

Residents are being reminded to have their say on the Council's vision for Lea Valley Eastside before the public consultation closes on Tuesday 31 January. The vision sets out a plan for how the Leyton and Lea Bridge area could change over the next decade. The vision covers an area as large as the City of London, sitting between the Lea Valley and the Olympic Park. The scheme will see the creation of nearly 4,500 new homes along with business space which will generate thousands of new jobs for local people by re-invigorating Lea Bridge, Church Road and Leyton. The Vision also includes the Lea Valley Regional Park Authority's ambition for a new, state-of-the-art, twin pad ice rink and redevelopment of the Water Works Centre for residential use, balanced by improvements to the Park's accessibility, landscape and ecological value. The former Thames Water site is also shown as a potential regeneration opportunity with the return of a significant part of the site to open space use as part of any scheme. Both proposals, if they are progressed, would require limited release of some Metropolitan Open Land which would be subject to a detailed planning application process. All comments on the Vision will be taken into account before the final version is taken to Cabinet later this year.

• To take part in the consultation visit <http://walthamforest-consult.limehouse.co.uk/portal/leabridge/leyton>. For further information on regeneration projects in Waltham Forest, visit [www.walthamforest.gov.uk/content/regeneration-projects](http://www.walthamforest.gov.uk/content/regeneration-projects).

**Do you know an unsung hero who gives up their free time to help others? Or perhaps you'd like to give your thanks to a local group or organisation which has made a real difference within your community?**

If so, the good news is that you can now nominate them in the Love Your Borough Awards 2017, which celebrate the work that residents, groups, businesses, charities and the emergency services do to improve the quality of life of everyone living in Waltham Forest.

You can nominate in 10 different categories, including Citizen of the Year, Uniformed Service Hero,

Volunteer Group or Individual Volunteer of the Year, Improving Your Neighbourhood, Sports Inspiration, Arts and Culture and Making Waltham Forest Safer.

There are also two special awards given out by the Leader of the Council – the Leader's Individual Award and the Leader's Business Award. Full descriptions of each category are listed on the Council's website, so it's easy for you to nominate your community champions for the correct award.

Nominations for the awards close on Monday 20 March, so make sure you take the time to get in touch before then. The Love Your

Borough Awards are funded by sponsors, enabling the community celebration to be held without placing a financial burden on council tax payers.

Council Leader, Chris Robbins, told Waltham Forest News: "The Love Your Borough Awards celebrate the tireless work that residents, businesses, groups and charity organisations do to make our borough a better place to live and work.

"Though the nominees may come from many different walks of life, the common theme is that they have all given something back to their local community and make life

in Waltham Forest that much better for the rest of us.

"While we have grand ambitions for the borough, we know that these initiatives would mean nothing without the support and cooperation of these extraordinary local people."

## More info

For more information, and to fill in a nomination form, visit [www.walthamforest.gov.uk/content/love-your-borough-awards-2017](http://www.walthamforest.gov.uk/content/love-your-borough-awards-2017). To find out more about sponsorship opportunities, email [Michael.Heaven@walthamforest.gov.uk](mailto:Michael.Heaven@walthamforest.gov.uk).

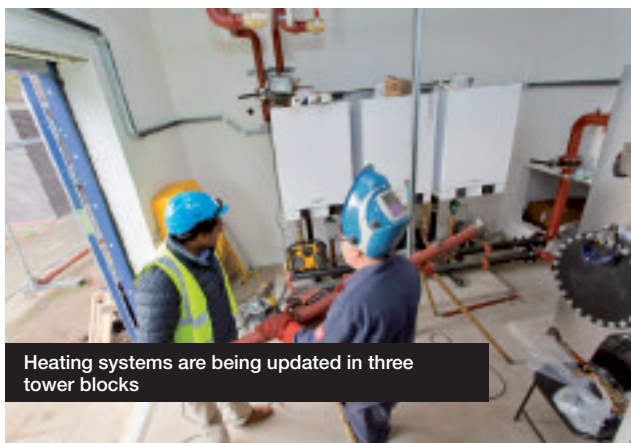
## 4 Priorities

# Better homes for all residents

The Council has four key priorities to help improve the lives of everyone who lives and works in Waltham Forest. In this edition we look at what is being done to improve housing standards for the benefit of all residents



Cllr Limbajee recently visited one of the garage developments



Heating systems are being updated in three tower blocks



Loft conversions are being carried out at overcrowded Council properties

**Making sure that everyone is able to live in good quality accommodation is a key aim for Waltham Forest Council, whether you live in privately rented accommodation, rent a Council home or are looking to, or already own your own property. We are investing in a number of programmes to provide new homes across the borough and improve conditions in existing properties.**

### Loft Conversions

Work is now underway on a programme of loft conversions for Council properties, which will help to combat overcrowding and prevent families from having to move away from their homes. The scheme has been introduced to help families that have been placed on the transfer list as they are living in overcrowded conditions. Waiting for a suitable larger property can take a long time, and may mean

families have to move to a different part of the borough.

The loft conversions will give families the additional space they need, and they don't need to move out while work is taking place.

### New homes are being built to high sustainability standards, using modern technology to keep residents' energy bills low.

The Council has identified around 30 properties that are suitable for improvements as part of the programme. The first conversions are due to be completed in early 2017, and work on all properties will be completed within the next two years. All conversion work is being carried out by Aston Group on the Council's behalf.

### Fuel Switching

The Council has also started work on a project to update the heating and water supplies in three of its tower blocks with new

efficient gas-fired heating systems. St David's Court, St Patrick's Court and St George's Court, which each have around 50 households, are currently supplied with heating and hot water by electric night

storage heaters and immersion hot water tanks which are inefficient, expensive to run and difficult to control.

To improve efficiency these are being replaced with new communal gas-fired heating systems. Not only will this be a more efficient system, it will also be cheaper to run and give residents more control over their energy usage.

### Garage Regeneration Scheme

Work is continuing on an ambitious programme to transform

Council-owned garage sites into new affordable housing for local people. The homes are being delivered in phases, and the first phase of 42 new social rent homes is on track for completion in the next few months.

The homes will be built to high sustainability standards, using modern technology such as condensing gas boilers to help keep residents' energy bills as low as possible.

### Marlowe Road Regeneration

Enabling works are underway on the Marlowe Road regeneration programme, which is being delivered by the Council in partnership with Countryside. The scheme will deliver 436 new homes, including 168 new homes for social rent and shared ownership. The first phase of the scheme, which will see 103 new homes built, is due for completion in Autumn 2018 – at this stage a number of existing residents

who wish to continue living on the estate will be able to move into their new homes. The scheme is scheduled to be fully completed by late 2021.

A temporary play area has been created within the Marlowe Road Estate, following the closure of the play area within the plaza. The temporary play area is located on Marlowe Road next to the Lord Brook pub, and will be in place whilst the first stages of the regeneration are undertaken.

Once the early stages of the estate's redevelopment have been completed it will include a total of 2,500m<sup>2</sup> of play provision, including a multi-use games area.

### More info

For more information on housing in Waltham Forest visit [www.walthamforest.gov.uk/housing](http://www.walthamforest.gov.uk/housing).

# What you say

Residents tell Waltham Forest News what they think about the Council's efforts to build more affordable homes and protect tenants



Martina Deere and Ann Killoran, Chingford



Robbie Walford, Chingford



Elizabeth Clark, Chingford



Bircan Findik, Chingford

"My major thought is that my children have had to buy homes outside of London. Even shared ownership was not possible for them. I would like to see the Council developing schemes that offer low cost homes for existing residents to buy. More needs to be done to help working residents."

"I don't think the Council should be building more homes. I've lived in Chingford for 18 years, and I think you can over-build and over-populate and that takes away from the community. But I do think it's fantastic if the Council can crack down on rogue landlords that don't care about tenants."

"What I don't like seeing is empty buildings. Why are they being left until they are practically falling down before anyone does anything with them? It's very good if the Council can expand existing housing to prevent people from facing the risk of having to move out of the borough, away from their families."

"I think the Council is trying. I think the focus should be more on affordable homes that people can buy outright – that would be a better approach. I also think the landlord licensing scheme is a good idea – it's right to tackle irresponsible landlords."



## Housing

### Priority:

**We will support affordable housing for everyone's needs**

### Commitment:

- Deliver a private sector landlord licensing scheme which benefits tenants by improving standards and makes the area better for those who live around them
- Build new council homes for Waltham Forest residents in work
- Encourage new houses to be built where they can deliver prosperous communities with access to the local services and infrastructure they need
- Build more specialist houses which allow older residents to stay in a home of their own with the support they need to be independent

Priority: **Help all of our residents enjoy a good quality of life**

Priority: **We will keep your neighbourhood clean and safe**

Priority: **We will help build a strong local economy and thriving town centres**

## In brief

### My Account

You can access a growing number of Council services online using your My Account, and it only takes a few minutes to sign up. Once you have registered for an account you will be able to do things like booking a large item collection, reporting a missed bin collection or reporting fly-tipping, all at the touch of a button or click of a mouse, 24 hours a day, seven days a week. You will also be able to find information about services available near to where you live, suited especially to you. New services are being added to My Account all the time, so sign up today and see what you can do via the Council website!

• **To sign up for a My Account visit [www.walthamforest.gov.uk/my-account](http://www.walthamforest.gov.uk/my-account).**

### OrganicLea to grow

An exciting 2017 is in store for Waltham Forest-based food growing cooperative OrganicLea, after they received funding from Power to Change, the organisation set up to grow and support community businesses in England. The grant will help to refurbish the glasshouse, kitchen and toilets at OrganicLea's growing site in Chingford, providing more opportunities to volunteer and learn about food growing. A new video has also been produced about OrganicLea's weekly box scheme, which is available to view on their website. A new pickup point for the scheme has been opened on Coppermill Lane, which makes it easy for cycling commuters to collect from on their way home.

• **For more information, visit [www.organiclea.org.uk](http://www.organiclea.org.uk).**

### Spring Clean announced

This year's Waltham Forest Spring Clean will take place over three days between Friday 17 and Sunday 19 March. More than 10,000 local volunteers have taken part in the annual Spring Clean since it began in 2011, carrying out litter picking, bulb planting, painting and pruning to help brighten up their communities. This year we are looking for fresh ideas to help spruce up our local areas. Anyone can take part, including individuals, schools, community groups, businesses and housing associations. The Council can help by providing equipment such as litter pickers and gardening tools.

• **If you'd like to get involved in this year's Spring Clean, email your event idea to [mcdu@walthamforest.gov.uk](mailto:mcdu@walthamforest.gov.uk). You can also help spread the word on Twitter using the hashtag #WFSpringClean17.**



The Council has held enforcement days to check privately-rented properties are licensed and offer good living standards for tenants

# Raising standards in rented properties

- Nearly 20,000 privately rented properties in the borough are now licensed
- Council is actively enforcing the scheme and prosecuting rogue landlords

**The Private Rented Property Licensing (PRPL) scheme introduced by Waltham Forest Council in 2015 is continuing to drive up housing standards in the borough and help to reduce anti-social behaviour.**

The scheme requires every privately rented property in the borough to have a licence, which has a set of conditions which landlords must adhere to. Landlords who refuse to license their properties or meet the conditions can be prosecuted.

The Council has issued nearly 20,000 licences since the launch of the scheme, and applications are still being processed on a daily basis. The Council has also launched a programme of enforcement days which take place across the borough, helping to identify properties that are not licensed or require improvements to ensure tenants are living safely.

Cllr Kheyn Limbajee, Cabinet Member for Housing, told Waltham Forest News: "Our landlord

licensing is making a real difference, and with our proactive approach to enforcement we are driving up living standards for people renting privately in Waltham Forest.

"The majority of landlords operating in the borough are responsible, and are co-operating with us, but we are taking strong action against the minority who refuse to comply with the scheme and are putting the lives of their tenants at risk. Through licensing we are also able to insist that landlords take a more responsive and 'hands on' approach to property management, which helps to reduce demand on Council resources."

Since launching PRPL the Council has carried out visits to over 26,000 properties across the borough. This has helped to identify a number of rented properties that require a licence or improvement to their living conditions. This can range from simple repairs to more serious issues like overcrowding, lack of fire precautions and serious

breaches of planning regulations – such as 'beds in sheds'.

When licensing issues are identified the Council seeks to work with landlords to help them operate lawfully, but it will not hesitate to prosecute if warnings are ignored. Since February 2016 the Council has successfully prosecuted over 50 private landlords, with courts ordering fines and costs of around £150,000 in total.

A number of landlords have also been prosecuted for refusing to license their properties, and there have also been a number of cases involving serious breaches of licence conditions. This includes a landlord being ordered to pay over £7,000 in fines and costs following a potentially fatal fire at a property in Leyton, which highlighted serious issues with overcrowding and a lack of proper fire precautions.

In October 2016 the Council also enforced its first Interim Management Order at a house in

Walthamstow, which means it takes over management of the property due to the landlord's refusal to operate responsibly. This includes collecting rent and arranging for any repairs to be carried out. Any costs covered by the Council are then deducted from the rent it received while acting as landlord.

Through its enforcement days programme the Council has also issued around 1,000 notices to properties with issues such as dirty front gardens, and further action can be taken against owners if improvements are not made. During enforcement days Council officers have also taken action against other offences such as fly-tipping, graffiti and abandoned vehicles to make our streets cleaner and safer.

### More info

For more information on Private Rented Property Licensing, visit [www.walthamforest.gov.uk/PRPL](http://www.walthamforest.gov.uk/PRPL).

# Fining the fly-tippers

- Waltham Forest leads the way on punishing fly-tippers
- New powers have already led to over 150 fines for enviro-criminals



The Council is taking tough action against fly-tippers

A recent report has found that Waltham Forest is leading the way when it comes to utilising new powers to punish fly-tippers.

In spring 2016 new powers were introduced by government which allows councils to issue fixed penalty notices (FPNs) with a fine of

up to £400 to anyone caught in the act of fly-tipping.

A Freedom of Information (FOI) request made by the Press Association in December found that Waltham Forest has issued the second highest number of FPNs in the country since the powers were introduced, out of 302 local

authorities.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, said: "Waltham Forest lobbied government to introduce FPNs for fly-tipping a number of years ago, so it's good to see we are at the forefront in using these powers to punish enviro-criminals. We have issued over 150 FPNs for fly-tipping, and have also secured our first prosecution of someone who refused to pay their £400 fine, with more prosecutions due to come to court shortly.

"Unlike many other councils, we are not taking the option of issuing a reduced fine for early payment, so anyone we catch can expect a bill for the full £400. The fines help to cover the cost of clearing and disposing of the fly-tips, reducing the burden on law abiding taxpayers."

This year the Council will be working with others in national and local government to lobby for even tougher penalties, as well as reminding the judicial system of

the full range of sanctions they can utilise in punishing enviro-criminals.

Issuing FPNs allows officers to deal with low-level fly-tipping offences without having to take court action. The Council is also prosecuting enviro-criminals who refuse to pay their FPNs. The first case to come to court resulted in the offender being ordered to pay £1,100 in fines and costs.

The Council will still seek prosecution for more serious fly-tipping offences, which can lead to heavier fines, custodial sentences and vehicles being seized and crushed. Waltham Forest was one of the first councils to crush a vehicle that had been used for fly-tipping, and the offender was also handed a six-week suspended prison sentence.

## More info

For more information, and to report enviro-crimes, visit [www.walthamforest.gov.uk/mystreet](http://www.walthamforest.gov.uk/mystreet).

## In brief

### Design Awards 2017

Builders, architects, owners and tenants are being encouraged to enter new building projects in the 2017 Waltham Forest Design Awards. The awards are open to all new buildings, conversions, restorations, extensions and environmental improvements such as landscaping, public art and street improvements completed in the borough since 2014. The awards aim to celebrate the best new buildings and places found in Waltham Forest. The winners will be picked by a judging panel that includes representatives from the Royal Institute of British Architects and the Royal Town Planning Institute. Your nomination should include photographs or illustrations. Full details on how to make a nomination are available on the Council website. Entries must be submitted by 12noon on Friday 10 February, so make sure you don't miss the deadline. An awards ceremony will take place in spring.

• For further information, and to make a nomination, visit [www.walthamforest.gov.uk/designawards2017](http://www.walthamforest.gov.uk/designawards2017). Free internet access is available in all Waltham Forest Libraries.



## Consultation on our proposals for Library Locals

As part of our Vision for Library Locals we propose to relocate Higham Hill and Wood Street Libraries and remodel Lea Bridge Library.

In response to your feedback from our recent consultation, we have created an **additional survey** that asks for your views on the proposals to relocate libraries, sets out the other options that have been considered, and gives you the opportunity to provide your view on any alternative options you would like to be considered.

We have extended the consultation period in order for residents to complete this survey, and the original survey will remain available to complete during this time. Even if you don't use the library service, we'd still really like to hear your views on our proposals – so please do complete this new survey.

The consultation period has been extended until 31 January 2017.

[www.walthamforest.gov.uk/libraryconsultation](http://www.walthamforest.gov.uk/libraryconsultation)



## Sports and fitness

### Pilates in Leyton

Thursdays, 6–7pm and 7–8pm

Leyton Parish Church Hall, Lindley Road, E10 5PY

Drop-in Pilates classes for all, including new complete beginners class from 6pm and general level at 7pm. £10 per class, or buy 10 in advance and get one free. Mats and small equipment provided. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 15 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please.

Email [alison.bray@gmail.com](mailto:alison.bray@gmail.com) or visit [www.abpilates.co.uk](http://www.abpilates.co.uk).

### Football Fans in Training

Mondays, 6.30–8.30pm

The Matchroom Stadium, Oliver Road, E10 5JY

Are you a man aged 30–65 years old? Is your waist 38 inches or bigger? Do you want to lose weight, have a healthier lifestyle and ultimately be fitter? Our new 12 week programme, starting 13 February, can help you for free! Be trained by club coaches, have a nosy at the trophy cabinet and have the chance to talk tactics in the dressing room. Who knows, maybe you'll even bump into a player or two! The first hour of the session will include healthy lifestyle workshops with the second hour taking part in Walking Football. Please book in advance. Phone **Phil Smith** on 020 8556 5973 or email [phillip.smith@leytonorienttrust.org.uk](mailto:phillip.smith@leytonorienttrust.org.uk).

### Man v Fat Football

Wednesdays from 25 January, 7–9pm  
SCORE, 100 Oliver Road, E10 5JY

A 5 a side football league for guys who want to lose weight. If your waist is 38 inches or more and you're aged 18+ you're eligible to join. Every player is in the same situation and wants the same thing – to enjoy football, lose weight and get healthier. Uniquely, the league is decided not just on points won, but pounds lost. We give support to every player with unique resources, inspiration and support to help you lose weight, get fitter and enjoy the beautiful game. Phone **Phil Smith** on 020 8556 5973, email [phillip.smith@leytonorienttrust.org.uk](mailto:phillip.smith@leytonorienttrust.org.uk) or visit [www.manvfatfootball.org/Home/Registration](http://www.manvfatfootball.org/Home/Registration).

### Morris Dancing for Beginners

Wednesdays, 8–10pm

St Gabriel's Family Centre (back hall), Havant Road, E17 3JF  
Blackhorse and Standard Women's Morris dancers invite you to 'Have a Go' at traditional English Morris dancing at our Beginners' Evening. A fun and friendly way of keeping fit. No experience necessary, just come along and have a go. Musicians – male or female – also

welcome. First term free to new members. For more information, phone 020 8527 2926 or 020 8514 8771 or visit [www.blackhorseandstandard.org.uk](http://www.blackhorseandstandard.org.uk).

### Pilates

Wednesdays, Fridays, 9.30–10.30am  
and Tuesdays, 6.15pm and 7.15pm

St Edmunds Church Hall, Chingford Mount Road, E4 8JL

A lovely class; friendly and relaxing, beginners welcome. Drop in fee £8 or book in advance £7 (five classes for £35). For more information, phone **Samantha** on 07910 991 695 or email [samcam0309@gmail.com](mailto:samcam0309@gmail.com).



### Wake Up and Stretch

Sundays, 9.30am and 11am

Aveling Park Bowls Club, Lloyd Park, E17 5EH

Hatha yoga for all abilities. Wake up and stretch Hatha-style, with a morning yoga session to re-energise your body and mind ready for the week ahead. £9 if pre-booked, or £10 to drop in. For further information, email [eliza@yogamehappy.co.uk](mailto:eliza@yogamehappy.co.uk) or visit [www.yogamehappy.co.uk](http://www.yogamehappy.co.uk).

### Walthamstow Wind Down

Thursdays, 7–8.15pm

Quaker Meeting House, 1a Jewel Road, E17 4QU

Hatha yoga for all abilities. This post-work wind down will stretch and tone the muscles, working through the joints, so you'll feel flexible and fantastic, before a deep relaxation to re-energise you for the weekend. £9 if pre-booked, or £10 to drop in. For further information, email [eliza@yogamehappy.co.uk](mailto:eliza@yogamehappy.co.uk) or visit [www.yogamehappy.co.uk](http://www.yogamehappy.co.uk).

### Waltham Forest Reiki Project

Tuesday 7 February, 7–8.45pm

Waltham Forest Community Hub, 18A Orford Road, E17 9LN

Reiki is a form of healing that works with the life force energy that flows through all living things. When one's energy is free flowing without blocks one is in balance both physically, emotionally and mentally. Have an open mind, come along and see what we can do for you. They are one2one walk in spots administered by qualified masters. All are welcome. For more info, email [walthamforestreikiproject@gmail.com](mailto:walthamforestreikiproject@gmail.com) or phone 07940 579 055.

### Zumba with Zoe

Wednesdays, 7.30pm

The Cornerstone Centre, 149 Canterbury Road, E10 6EH

Classes are great fun, an excellent way to keep fit, lose weight and every class feels like a party. Zumba is your opportunity to express yourself and unleash your 'Latin within'! £5 per class. Email [info@zumbazoe.co.uk](mailto:info@zumbazoe.co.uk) or visit [www.zumbazoe.co.uk](http://www.zumbazoe.co.uk).

### Yoga for Every Body

Every Tuesday, 6.15–7.30pm

Leyton Sixth Form College, Essex Road, E10 6EQ

Sallyanne has been teaching Yoga since 1994 and skilfully adapts the moves to suit everybody. Come and learn to relax and recharge while building up strength, flexibility, poise and peace. Supports and accelerates any mindfulness practice and is wholehearted, whole body mindfulness. Beginners welcome! For more information, phone **Sallyanne** on 020 8520 7242 or 07952 307 455 or visit [www.goldenyoga.co.uk](http://www.goldenyoga.co.uk).

### Yogi J – Yoga for You!

Mondays, 7–8pm

St Michael's Church Hall, Northcote Road, E17 6PQ

A friendly, local class open to all. James is an experienced Yoga Alliance qualified local teacher who teaches with compassion and positivity, offering options for those new to yoga and more dynamic variations for those with a regular practice. We start by drawing awareness to the breath and stability, move into a flowing physical practice and close with relaxation and meditation. £9 drop in or book a block of six classes for £45. Bring a mat or buy one from me for £10. Email [jjcassidy123@aol.com](mailto:jjcassidy123@aol.com).

### Pilates

Mondays, 6.15pm

St Gabriel's Family Centre Small Hall, Havant Road, E17 3JF

Thursdays, 7.30pm

St Anne's Church Hall, Larkshall Road, E4 6NP

Do you want to get into exercise but don't know where to start? Do you want to build up your strength and help your body to work at its best? Come and try a beginners Pilates class which will help you to strengthen your body and increase your flexibility in a friendly, relaxed environment. Email [info@truebalance.co.uk](mailto:info@truebalance.co.uk) to book your space.

### KAPAP Self Defence

Tuesdays, 6.15–7.15pm

Leyton Sixth Form College, Community Sports Centre, Essex Road, E10 6EQ

KAPAP is a cutting edge self defence system. KAPAP gives you the opportunity to get fit, become stronger and confident, whilst learning a practical and effective self defence system. Come and try. Only £5 per class, concessions for students first lesson free. For more information, email [bruntonjl@yahoo.co.uk](mailto:bruntonjl@yahoo.co.uk) or phone 07905 132 595.

### Acupuncture and Medical Massage

Monday to Sunday, by appointment

4 Church Lane, Leytonstone, E11 1HA

Acupuncture and Tui Na (Chinese medical massage) can be used to treat a range of physical and emotional problems including back and knee pain, arthritis, headaches, insomnia, depression, anxiety, addictions, nausea and eating disorders. The treatment is generally pain free with few side effects and may benefit both acute and chronic conditions. Our therapists are fully qualified members of the British Acupuncture Council. To book an appointment, or free consultation, phone 07943 672 696 or email [bushwoodacu@aol.com](mailto:bushwoodacu@aol.com).

### Gentle Yoga

Mondays, 6–7pm

The Mill, 7–11 Coppermill Lane, E17 7HA

Gentle yoga class; great for beginners, health issues, newbies or anyone wanting a small, friendly, relaxing yoga class. We learn simple physical poses to improve posture and general physical and mental well-being, with a calming relaxation to finish. £10 drop-in or £9 with a loyalty card, £5 concessions. Email [josettayoga@hotmail.co.uk](mailto:josettayoga@hotmail.co.uk) or phone 07554 440 499.

### Ashtanga Yoga

Mondays 7–8.30pm

The Mill, 7–11 Coppermill Lane, E17 7HA

Fast-flowing dynamic yoga class for emotional and physical wellbeing. Great for increasing fitness, flexibility and balance, with calming relaxation to finish. £11 drop-in or £10 with a loyalty card, £5 concessions. Email [josettayoga@hotmail.co.uk](mailto:josettayoga@hotmail.co.uk) or phone 07554 440 499.

### Zumba® Fitness

Saturdays, 10am

YMCA East London, 642 Forest Road, E17 3EF

Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere! £6 drop in, discounts available for advance payment. For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com).

### Legs, Bums and Tums

Saturdays, 11.15am

YMCA East London 642 Forest Road, E17 3EF (our brand new location!)

LBT is a fantastic way to tone your entire body with of course, special attention focused on your legs, glutes and abdominal muscles. Combining conditioning and aerobic exercises to reduce fat whilst shaping and lifting your legs, bum and tum! Bring a bottle of water and wear clothes you're comfortable to move in. £6 drop in, discounts available for advance payment. For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com).

### Women Only Outdoor Boot Camp course

Monday, Tuesday, Thursday and Friday, 6.30–7.15am

Walthamstow Town Hall Grounds, Forest Road, E17 4JF

Fun and exciting six week boot camp programme with fitness tests, nutrition screening, food diary analysis, weekly accountability emails/calls. It's basically personal training in a small group environment. Guaranteed results or your money back. For more information phone me on 07717 330 993 or email [vibe.wellnesshealth@gmail.com](mailto:vibe.wellnesshealth@gmail.com).

### Women Only Zumba Class

Tuesdays, 7.30–8.30pm

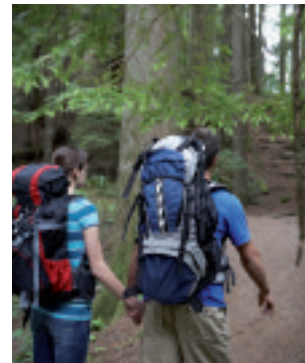
St Andrews Church, St Andrews Road, E17 6AR

Exhilarating class with loads of fun and toning in the process. Enjoy your body changing shape whilst listening to International sounds. Special offer for new comers! OAPs an unemployed £4 a session. For more information phone me on 07717 330 993 or email [vibe.wellnesshealth@gmail.com](mailto:vibe.wellnesshealth@gmail.com).

### West Essex Ramblers

Days and times vary

We meet for at least four walks a week, including town and country walks, short and long. We also offer London walks – some with historical commentary – coach rambles between April and October and group holidays both in England and Abroad. We also arrange path-clearance events and other social events. For a sample programme telephone 020 8554 1664 or 07434 902 394, or visit [www.westessexramblers.org.uk](http://www.westessexramblers.org.uk).



## Clubs and community

### 'Divestival' celebration

Saturday 28 January, 3pm onwards

Waltham Forest Town Hall, Forest Road, E17 4JF

Friends of the Earth Waltham Forest will be holding an event to celebrate Waltham Forest Council's pension fund's decision to divest from fossil fuels. Councillors, campaigners, residents and students will gather for a photograph and then make a short walk to the East London YMCA

# Waltham Forest *Feel Good*

## Keeping healthy and doing well

## Health and Wellbeing in Waltham Forest

### Dear resident,

We've put together this four page pull out to showcase some of the work we're doing to help everyone in Waltham Forest live healthier, more active lives.

Ultimately, we want to ensure the infrastructure and services that support many different aspects of your health and wellbeing are in place and meeting your needs.

The task is huge, and key to its success is partnership working. That's why on a daily basis we work with local partners including NHS Waltham Forest Clinical Commissioning Group, North East London NHS Foundation Trust and Barts Health NHS Trust and many more, to help residents across the borough enjoy a good quality life.

Giving our children and young people the best start in life is a priority for us. We want to help them understand the importance of eating well and taking part in physical activity as they grow up – not only for their own health and wellbeing, but so they can influence and inspire future generations.

Our Children and Family Centres offer a range of services that focus on looking after you and your children while our schools take part in a variety of different initiatives that put pupils' health first and encourage them to make informed choices when it comes to their wellbeing.

Adults and older people can access a number of services that support their health and wellbeing. This could be help quitting smoking; initiatives that tackle issues such as social isolation, unemployment and problems with residents' living conditions; or support around substance misuse.

All of the services and schemes available support our Feel Good campaign, which aims to help you get active, stay healthy and enjoy life.

And in addition to the services we provide, we're also busy lobbying the Government for Whipps Cross Hospital to be rebuilt to create a 21st Century hospital, which can fully meet the needs of Waltham Forest's diverse and growing population.

Read on to find out more about some of the many different ways in which we're trying to help you stay healthy and happy.

**Cllr Ahsan Khan,  
Cabinet Member  
for Health and Wellbeing**



## A vision for Whipps Cross Hospital

**A brand new High Dependency Unit was officially opened at Whipps Cross this month, which will provide more space for doctors and nurses to care for some of their most seriously unwell patients.**

The £2.5m investment means there is now a dedicated facility for people who have recovered enough to leave intensive care, but need some more specialist support before they can return to a ward. This is the latest development under the new leadership team at the hospital, following two new operating theatres being opened and over 100 extra doctors, nurses and other staff being employed during the last calendar year.

With the community and local healthcare providers, the Council is doing all it can to

support the management team at Whipps as it implements further changes as part of its wider improvement project.

While the work continues to make immediate improvements, the Council is supporting the drive to secure investment to redevelop the site more substantially.

The Council argues that Whipps Cross Hospital needs to be rebuilt to create a 21st Century hospital, which can fully meet the needs of Waltham Forest's diverse and growing population. The local authority continues to lobby the Government for Whipps to be redeveloped, and is supporting Barts Health as it prepares to present NHS regulators with a formal outline of its case for change in early 2017. If approved, a business case for a new healthcare facility will be put together and the Government will be asked to consider it later in the year.

For more information visit **[www.bartshealth.nhs.uk/futurewhipps](http://www.bartshealth.nhs.uk/futurewhipps)**.



Get involved at **FeelGoodWalthamForest.com**



# Looking after our young people

**In Waltham Forest we want our young people to have the best start in life, and so helping look after their health and wellbeing is hugely important.**

**We were the first borough to ban takeaways from opening near schools, and to pilot the Youth Health Champions scheme where young people are trained to promote good health amongst their peers.**

## Healthy Schools London

We also work closely with schools through the Healthy Schools London programme, which promotes good health in young people through focusing on issues such as school food, active travel and emotional wellbeing. As part of the programme, we have implemented specific projects to increase physical activity within the classroom, at playtimes and outside of school, and have helped to improve awareness around healthy eating.



We currently have 60 schools registered on the programme, with 12 schools that have achieved silver and 28 that have achieved bronze awards. Last month St Mary's Catholic Primary School received a Gold award – the first in the borough. Participating schools have reported reduced incidence of bullying, improved overall pupil behaviour and improved attendance.

Want to find out if your local school is taking part? Visit [www.healthyschools.london.gov.uk](http://www.healthyschools.london.gov.uk)

## Sexual health service success

**Last year, Waltham Forest came second place after Hackney in its performance against the number of young people that have been signed up to the come correct (C-Card) scheme for people aged 16-24 years.**

The C-Card scheme is a pan London initiative which provides free condoms, confidential advice and information on sexual health issues in order to reduce sexually transmitted infections amongst young people. There are 26 London boroughs participating in the scheme.

The Council would like to commend Burns Chemist (High Road, Leytonstone, E11 3HR) for its excellence in providing C-Card sexual health services to young people in Waltham Forest.

Last year the Council worked with young people to 'mystery shop' C-Card outlets across Waltham Forest, assessing them on the service they provided, the products they offered and the general knowledge and care of the staff providing young people's services.

Burns Chemist received an outstanding rating for each of the five visits it received throughout the year.

For more information, visit [www.comecorrect.org.uk](http://www.comecorrect.org.uk).

# Youth Health Champions and Young Advisers

**Waltham Forest is the first borough in London to pilot the Youth Health Champions scheme. We currently have seven schools taking part.**

Youth Health Champions act as peer mentors, to increase awareness of healthy lifestyles and encourage involvement in activities to promote good health in school settings. These champions also receive a training qualification equivalent to a GCSE.

The initiative got off to a flying start in September last year, with our champions putting on a wide range of events for school pupils that covered topics such as bullying, healthy eating and stress.

Patricia Popa, a Youth Health Champion from Leytonstone School, said: "In this day and age, many people struggle with their mental and physical wellbeing and the Youth Health Champions raise awareness about these vital issues – it's a wonderful opportunity."

Additionally at the end of last year, Public Health worked with the Young advisers from the borough's Young Independent Advisory Group (YIAG) and Young Advisers Group to produce a film about obesity and healthy eating. The film will soon be promoted through social media to young people in the borough and will be submitted for showing at a 'healthy weight' event for young people at City Hall on 28 January 2017.

Young Advisers are trained consultants who work with the council and its partner's services to ensure that the needs and views of young people are considered. They advise on local services for young people and improving existing services.



Youth Health Champions organised a health and wellbeing day at Kelmscott School

## Free Chlamydia testing kits now available online

Young people are now able to order free Chlamydia kits by visiting [www.freetest.me](http://www.freetest.me). They have the option to order the kits to their homes or to pick up from many locations in Waltham Forest. They can also collect a free Chlamydia screening kit from most pharmacies in the borough.

This is great news as Chlamydia is the most common sexually transmitted infection (STI), with up to one in 10 sexually active young people carrying the infection. Chlamydia usually causes no symptoms, but can cause serious problems like infertility. It's the easiest STI to test for and easy to treat.

# Infant feeding service with Best Start

**In August last year, the Council launched a new service called Best Start to deliver infant feeding support for families with young children.**

Breastfeeding has many benefits including boosting babies' immunity, reducing allergies, and maintaining a healthy weight. The infant feeding service helps support mothers with breast, bottle and mixed feeding.

Mothers are invited to attend drop in sessions hosted across the borough, particularly if they are struggling in the tricky early days. An Infant Feeding Helpline is open Monday to Friday 9am – 5pm on 0208 496 5222.

The Best Start service also offers other support for families such as healthy weight, oral health and speech and language support.

Visit [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest) for more details about the service including local drop-ins.

## Children and Families

The Best Start service forms part of the new integrated Children and Family offer in Waltham Forest, which also includes Children and Family Centres and the Healthy Child Programme.

Visit <http://directory.walthamforest.gov.uk> for more information about activities taking place around Waltham Forest.

## Free vitamin scheme

**Since the vitamin scheme was implemented locally last year, uptake of vitamin D has significantly improved - over 70% of new mothers are now receiving vitamin D supplements.**

Vitamin D is very important for everyone. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain and tenderness in adults. National recommendations are that all women should take Vitamin D supplements in pregnancy, and so should children up to the age of five years. That is why all families in receipt of benefits are entitled to free Vitamin D supplements.

However, research carried out in 2012 in Waltham Forest showed that 58% of pregnant women are deficient in Vitamin D with around half of all women not taking any vitamin supplement in pregnancy at all. As such in addition to the national offer, the Council has arranged for every pregnant woman in Waltham Forest to receive three free bottles of vitamins at their first antenatal appointment and another three free bottles of vitamin drops for their babies after they have given birth.

Free vitamins can be picked up from participating Child Health Clinics. Speak to your midwife and/or health visitor to find out more.



## Healthier You Waltham Forest

**Waltham Forest is proud to be one of four East London boroughs offering people at high risk of diabetes the opportunity to take part in the Healthier You programme.**

This is a programme for people who do not have diabetes but who have blood sugar levels that are higher than normal – sometimes called pre-diabetes. The Healthier You programme helps people to regain normal blood sugar levels. Trained coaches provide free advice and support to help people make small practical changes in their daily lives in order to reduce their chance of going on to develop type 2 diabetes.

You can find out more about Healthier You from your GP, or visit [www.reedmomenta.co.uk/healthieryou/](http://www.reedmomenta.co.uk/healthieryou/), where you can watch a video, and complete a questionnaire to see whether you might be at higher risk of type 2 diabetes.

## What is diabetes?

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. It can cause heart disease, kidney failure and blindness.

Many cases can be prevented through lifestyle changes.

Complete a short questionnaire today on [www.reedmomenta.co.uk/healthieryou/](http://www.reedmomenta.co.uk/healthieryou/) to check if you are at risk of diabetes.

## Café Life

**Last year the council worked with local substance misuse service, Lifeline to open a community café.**

Café Life is a place for people who have experience of drug and alcohol misuse to go to have a cup of tea and a chat. In addition to different activities such as arts and crafts,

board games, quizzes and competitions, there are also volunteers on hand who are able to provide information and advice.

The café is run by the local substance misuse service Lifeline. Service users also help manage the café, and through this voluntary work they can build confidence and self-esteem.

If you want more information about drug or alcohol treatment for adults, contact **Lifeline** Waltham Forest on 0203 826 9600. For young people the service is **'722'** and they can be contacted on 0300 555 1158.



## The social prescribing service

Strong social networks, including family, friends and an active social life are good for mental and physical wellbeing. Evidence shows that people who have a strong network of social support and who lead happy and active social lives enjoy better health than those who do not. As such, the Council's public health team worked with the CCG and Adult Social Care to launch the social prescribing service last June. It helps residents access non-medical opportunities that will improve their health and wellbeing, tackling issues such as social isolation, unemployment or problems with residents' living conditions.

Since its inception the service has already exceeded its targets and has received 240 referrals from a wide range of professionals and services including GPs, Talking Therapies, Adult Social Care and voluntary and community sector organisations.

Check out the brand new Waltham Forest Service Directory for information, advice and support services for all families across the borough including employment support, debt advice and befriending support for older people.

Visit [www.walthamforest.gov.uk/directory](http://www.walthamforest.gov.uk/directory)



Cllr Khan took part in a Social Prescribing training session

## Improvements to mental health services

**Child and Adolescent Mental Health services (CAMHS) and wider mental health support have been a priority in Waltham Forest for years.**

In the last year alone there have been significant improvements in mental health services for young people and their families. The Council's public health team, alongside local partners such as NHS Waltham Forest Clinical Commissioning Group (CCG) and North East London NHS Foundation Trust (NELFT), offered various training opportunities to schools to promote health and wellbeing among teachers, children and young people.

For example, last November and December, 98 professionals working with children and young people, including school staff and youth workers in Waltham Forest, completed Mental Health First Aid (MHFA) training. MHFA training is an internationally recognised course that teaches people to be able to recognise the signs of emotional distress and how to provide support.

One person who attended the training said: "It was a very useful course especially when supporting Year 11 (15-16 years olds). I felt some of the issues discussed covered the many incidents I experience in school. I would recommend it to others."

Furthermore, nearly 50 schools across the borough have already signed up to the School Link Project. Through this project, two members of staff from each school receive training and ongoing support from CAMHS to support pupils, identify pupils with mental health needs and make effective referrals to specialist CAMHS and other support services.

This month, the Government announced the need for every secondary school in England to have at least one member of staff trained in Youth Mental Health First Aid (MHFA) skills and that there needed to be an emphasis on strengthening the schools' links to local CAMHS. We are proud to say that we are already well ahead in Waltham Forest.

Visit the council and CCG websites for more details about the wide range of mental health training on offer for schools as well as other support services.

## Our Stop Smoking Service helped over 1,000 people give up smoking

**Stop smoking services offer the best way of helping people to quit and to stay smokefree.**

In 2016, the Waltham Forest Stop Smoking Service supported well over 1,000 people - more than half of whom have stayed smokefree for four weeks or longer.

According to NHS Smokefree, within 20 minutes of your last cigarette your heart rate begins to drop. Two hours later it will be close to its usual level - along with your blood pressure. As well as

improving your health, giving up smoking offers lots of other benefits, such as being able to run around with your children in the park without getting out of breath, and knowing that you are protecting your loved ones from the harms of second hand smoke - not to mention saving you money.

Why not call the friendly advisers at Waltham Forest Stop Smoking Service on 0800 032 0102 who can help you. Lines open from 9am-5pm Monday and Friday and 9am to 7:30pm Tuesday to Thursday.

Visit [www.nelft.nhs.uk/services-rbwf-stop-smoking](http://www.nelft.nhs.uk/services-rbwf-stop-smoking) for more details.



Get involved at [FeelGoodWalthamForest.com](http://FeelGoodWalthamForest.com)



(642 Forest Road, E17 3EF) for music, entertainment, short speeches, cake and refreshments until 6pm. Please join us! All are welcome. It will be an inspiration for anyone looking to encourage fossil fuel divestment by other institutions. For further information, visit [www.foe.co.uk/groups/walthamforest](http://www.foe.co.uk/groups/walthamforest).

### CAOS Valentine's Barn Dance

**Saturday 18 February, 7.45pm for 8pm**  
St. Andrews Church, Colworth Road, E11 1JD

Tickets are £12 for adults, £7 for under 16s and the price includes a Fish and Chip supper, but please bring your own drinks and glasses. To buy tickets, phone Gladys Root 020 8882 4108 or email [damedoreen@yahoo.co.uk](mailto:damedoreen@yahoo.co.uk).

### William Morris Big Local Forum

**Tuesday 7 February, 7–9pm**  
Priory Court Community Centre, 11 Priory Court, E17 5NB  
Come to our public meeting and find out about the William Morris Big Local which is the £1million Lottery-funded improvement scheme for the William Morris Ward area and run by local residents. Your chance to meet the steering group, find out what we're doing, plus give us your ideas and get involved with the project. For more info phone Gabriel Edwards on 07947 766 251, email [devwmb@gmail.com](mailto:devwmb@gmail.com) or visit <http://wmbiglocal.org/>.

### Make the Time Intergenerational Club

**Thursdays, 2–4pm**  
Vestry House Museum, Vestry Road, E17 9NH  
A club aiming to bring together different generations, sharing skills and learning and giving enjoyment to all involved. Supported by Sport Relief. Join us for fun and games and refreshments. Admission is £1.50. For more information, phone 020 8223 0707.

### Sparkle and Shine

**Friday 3 February, 7.30pm until late**  
Waltham Forest Community Hub, The Asian Centre, 18a Orford Road, E17 9LN  
A pre-Valentines shopping and pamper evening. Come along for a fabulous evening of shopping, pampering and luxurious treatments! Enjoy the evening alone or come along with friends and loved ones. An amazing evening with something for everyone, both men & Women! 100 per cent of the raffle proceeds and the optional door donations will be donated to the Haven House Children's Hospice. For further information, phone 0808 168 1311.

### Adults with Dyslexia meet up

**Tuesday 31 January, 6.30–8.30pm**  
Quaker House, 1a Jewel Road, E17 4QU  
The Waltham Forest Dyslexia Association invites adults with dyslexia to its latest meet-up. Guest speaker is Home Officer researcher, Charlotte Moore. Come along

and share your thoughts on the challenges of accessing government services. This is a great opportunity for you to help shape the experience of online form filling for people with dyslexia! To find out more about dyslexia matters, visit [www.wfda.org.uk](http://www.wfda.org.uk).

## Culture and crafts

### E17 Turkish language course

**Tuesdays, Wednesdays, 7.30pm and Sundays, 4pm**  
Hornbeam Café, 458 Hoe Street, E17 9AH  
I am a Turkish language teacher. I graduated in Turkish language and literature from the University of Kocaeli. I worked at several high schools and secondary schools as a Turkish teacher for five years. If you are interested in Turkish, do not hesitate to write me. We can arrange different times, days and place as well. For more information, email [saturksa@gmail.com](mailto:saturksa@gmail.com).

### Alfred Hitchcock Leytonstone Society Launch

**Monday 23 January, 6.45pm for 7.15pm start**  
Community Room, Leytonstone Fire Station, 466 Leytonstone High Road, E11 3HN  
Launch AGM of the Alfred Hitchcock Leytonstone Society and free screening of 'The Lodger'. There will also be elections to the committee and social networking. Please RSVP to help us manage the venue's limited space (lift available). Email [leytonhitch@yahoo.com](mailto:leytonhitch@yahoo.com) or phone 07904 323 198. For more info, visit [www.facebook.com/events/1131797626870117](http://www.facebook.com/events/1131797626870117).

### Daniel Watt Keyboard Concert

**Wednesday 8 February, 7.50pm**  
Wanstead Library, Spratt Hall Road, Wanstead E11 2RQ  
Come along and listen to the talented Daniel Watt playing a variety of music from Shows, TV, Old, New, and Classical to Big Band, in fact a variety of music to cater for all tastes. The Concert is enhanced by way of Projection equipment (purchased from Grants from the London North East Community Foundation and Shell). There are Refreshments and Raffle in the interval; entrance cost at the door is £7 for Adults and £1 for Juniors under the age of 16. For more information phone Derek on 020 8530 3717 or visit our website at [www.organfax.co.uk/clubs/eastlondon.html](http://www.organfax.co.uk/clubs/eastlondon.html).

### The Rose and Crown Singers Open Evening

**Wednesdays from 8 February, 7.30–9.30pm**  
Ye Olde Rose and Crown, 53 Hoe Street E17 4SA  
A session led by Gail, especially to welcome new and returning members,

with a chance to listen, sing, and chat over a drink in the break. We are open to all, whether you are new to singing, finding your voice again or just love singing great melodies. No auditions/experience needed, just turn up. No charge for first session. Future sessions will be £5 or £3 for concessions.

### Waltham Forest Community Choir

**Mondays at 7.30–9.30pm (during term time only)**  
St Mary's Church, Church End, E17 9RJ  
We are a self-funded group open to anyone living or working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire is diverse, and includes classical, traditional, folk and popular styles. All are welcome. Currently seeking to recruit Tenors and Basses. £50 per term. Visit [www.singwithus.net](http://www.singwithus.net), email members@singwithus.net, visit [www.facebook.com/walthamforestcommunitychoir](http://www.facebook.com/walthamforestcommunitychoir) or phone 07954 740 745.

### Stringsational Charity Concert

**Friday 10 February, 7.30pm**  
St Mary's Church, 8 Church End, E17 9RJ  
A String orchestra concert in aid of Great Ormond Street Hospital, conducted by Michael Whittaker. The concert programme includes: The Death of Aase from Peer Gynt Suite No 1 by Edvard Grieg, Concerto Grosso in G major Op.6 No.1 by Handel and Serenade for Strings in C Major Op.48 by Tchaikovsky. All proceeds from tickets and donations go to GOSH. Tickets cost £10 or £5 for concessions and are available on the door.

### E17 Guitar Club

**Saturdays, 2.30pm and 3.20pm**  
Hornbeam Café, 458 Hoe Street, E17 9AH  
Guitar playing and performing fun for adults of all abilities. Playing groups and beginners courses. Bass players and percussionists welcome! Pay £62 for a half term of seven 40 minute lessons. For more information phone Christian on 07958 471 083, email [chris@e17guitar.com](mailto:chris@e17guitar.com) or visit [www.e17guitar.com](http://www.e17guitar.com).

## Children and young people

### E17 Junior Guitar Club

**Saturdays, different levels and times**  
Hornbeam Café, 458 Hoe Street, E17 9AH  
Guitar playing fun and performing for children of all abilities, age eight and over. Pay £62 for a half term of seven 30 minute lessons. Different levels and times. Also weekday individual lessons after school near Wood Street. Phone Christian Karlsson on 07958 471 083, email [chris@e17guitar.com](mailto:chris@e17guitar.com) or visit [www.e17guitar.com](http://www.e17guitar.com).

## Community Ward Forums

### Cann Hall

**Saturday 28 January, 2–4pm**  
Cann Hall Methodist Church, 296 Cann Hall Road, E11 3NL

### Hatch Lane

**Thursday 2 February, 7–9pm**  
All Saints Church, Church Avenue, Highams Park, E4 9QD

### Chingford Green and Endlebury

**Monday 6 February, 7.30–9.30pm**  
Chingford Assembly Hall, Station Road, E4 7EN

### Larkwood and Valley

**Monday 6 February, 7–9pm**  
South Chingford Community Library, Chingford Mount Road, E4 8LP

### Hoe Street

**Monday 6 February, 7–8.30pm**  
St. Stephen's Church, 1a Copeland Road, E17 9DB

### Forest

**Wednesday 8 February, 7–9pm**  
Belmont Park School, 101 Leyton Green Road, E10 6DB

For more information, visit [www.walthamforest.gov.uk/content/community-ward-forums](http://www.walthamforest.gov.uk/content/community-ward-forums)

## Council Meetings

### Monday 23 January

Adult Social Care Scrutiny Committee

### Wednesday 25 January

Health Scrutiny Committee

### Thursday 26 January

Neighbourhoods Scrutiny Committee

### Monday 30 January

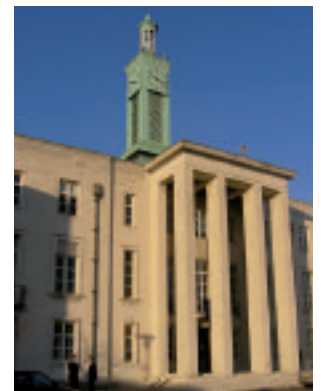
Licensing Act 2003 Sub-Committee, 11am and 2pm

### Wednesday 1 February

Children and Families Scrutiny Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.

For more information, visit [www.walthamforest.gov.uk/councilmeetings](http://www.walthamforest.gov.uk/councilmeetings)



# Tell us what's on

Email your event details to:

[walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk)

The deadline for Monday 20 February edition is **Friday 3 February**

**Inclusion cannot be guaranteed, due to the high volume of requests received.**

**Please send your listing in the body of an email, formatted as shown on these pages. Events received in other formats will not be used.**

**Please keep to a maximum of 90 words and a maximum of two listings per person/group.**

## In brief

### Dry January

Throughout January scores of residents have been taking part in Alcohol Concern's 'Dry January' event, which encourages people to stop drinking alcohol for the first month of the year and to change their behaviour by cutting down the amount they drink throughout 2017. Alcohol Concern, a charity working in England and Wales to change the attitudes people have about drinking, says that some of the health benefits of giving up alcohol for a month include weight loss, improved sleep and more energy. There's still time to get involved, and there are lots of useful tips and hints on the Alcohol Concern website including an 'impact calculator' tool that helps you tot up the units and calories you've been drinking and how much you're spending, so you can see some of the benefits of 'going dry'.

• For further information, visit [www.alcoholconcern.org.uk/dry-january](http://www.alcoholconcern.org.uk/dry-january). If you would like support for alcohol or substance misuse, visit [www.lifelinewalthamforest.org.uk](http://www.lifelinewalthamforest.org.uk) or phone 020 3826 9600.

### Feel Good Kick Start

If you're looking to get fit this year, Waltham Forest's Feel Good Kick Start campaign is offering advice and opportunities for you to get active as part of the Council's commitment to help all residents stay healthy and happy. Feel Good Kick Start will give you great tips and advice on how to improve your fitness levels. You'll find information about the packed programme of activities on offer at our leisure centres, parks and local sports groups on the Council's Twitter and Facebook pages. A series of 'Feel Good in 15' videos will also be uploaded for anyone preferring to exercise at home. These short clips show you how just 15 minutes of regular exercise can make a real difference to your life. Since 2012, the Council has invested £30million to refurbish the borough's leisure centres, which are run by leisure services provider, Better. The investment culminated with the opening of Waltham Forest Feel Good Centre last September – one of London's largest leisure complexes. And the Council has also started developing a rewards app – 'FeelGoodWF' – to inspire and encourage you to reach your fitness goals. The app will allow you to track your activity levels, and give you fitness challenges to unlock rewards, prizes and discounts.

• For further information, visit [www.feelgoodwalthamforest.com](http://www.feelgoodwalthamforest.com), [www.facebook.com/walthamforestcouncil](http://www.facebook.com/walthamforestcouncil) or follow @wfcouncil.

# Schools back healthy eating drive

- Council supporting series of schemes to help young people eat well
- Event this week highlights importance of nutrition and physical activity



Local schoolchildren are learning about the importance of eating healthily

**Schoolchildren from across Waltham Forest are this year set to take part in a range of initiatives highlighting the importance of eating well and being active, as part of the Council's efforts to tackle childhood obesity.**

This week, pupils from several local schools are getting ready to learn about the importance of nutrition and physical activity with some extra help from a group of people used to getting active – players from Leyton Orient Football Club.

The Council's public health team has organised a special schools event, which takes place at The Matchroom Stadium (Brisbane Road, E10 5NF) on Tuesday 24 January, in support of Public Health England's nationwide 'Be Food Smart' Change4Life campaign.

The event will see pupils take part in fun activities to help them understand more about the sugars and fats they consume in their food and drinks – and give them a chance to meet and chat with

Leyton Orient players about their training regimes.

The Council is supporting the Change4Life campaign, which highlights the damage that can be caused by children eating and drinking too much sugar, saturated fat and salt, including becoming overweight or obese and developing tooth decay.

A new, free-to-download Be Food Smart app has been developed to highlight just how much sugar, saturated fat and salt can be found in everyday food and drink. Through the app, the barcode of supermarket products can be scanned, allowing users to compare content details of food and drink and enabling them to make healthier choices. It also features food detective activities for children and mini-missions the whole family can enjoy.

Research has shown that 25 per cent of four to five-year-olds are overweight or obese in Waltham Forest, increasing to 45 per cent in the 10 to 11-year-old age group.

As part of the Council's efforts to

tackle childhood obesity, Waltham Forest will be one of four London boroughs taking part in an Eat Like a Champ pilot, which is a free, evidence-based healthy eating education programme aimed at primary school children aged nine to 10. It includes free school staff training delivered by the British Nutrition Foundation.

To further help raise awareness about healthy eating, the Council's public health team has worked with the borough's young advisers group to produce a film about childhood obesity and local resources that can help young people eat more healthily. See the film on YouTube.com by searching 'Great weight debate Young Advisers'.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, said: "We are absolutely committed to tackling childhood obesity and encouraging all of our residents, particularly our young people, to eat healthily and lead active lives.

"We were the first local authority in London to ban new fast food outlets from opening near schools,

and last year we became the first borough to launch a Youth Health Champions programme, which sees peer mentors promote health and wellbeing among other young people.

"As well as backing the Change4Life campaign, we support and manage the Healthy Schools London programme locally, which sees schools given bronze, silver or gold awards based on their efforts to create an environment that safeguards and promotes the health and wellbeing of pupils, staff and the wider school community. And, later this year we will be rolling out the Food for Life awards programme – a scheme which aims to transform school food culture – to nine schools across the borough."

### More info

Download the new free Be Food Smart app here – [http://po.st/C4L\\_Waltham\\_Forest](http://po.st/C4L_Waltham_Forest) – to get hints and tips to cut down the amount of total sugar, saturated fat and salt in your family's diet.

## Leyton



Mayor of Waltham Forest, Cllr Peter Herrington, officially opened 10th Leyton Scouts' new-look Harvey Hall in November

# Scouts celebrating new look

- 10th Leyton Scouts have had their headquarters refurbished
- Support came from supermarket's Community Champion programme

**Members of the 10th Leyton Scout group have been enjoying refurbished facilities at their headquarters after receiving help to renovate the building from a supermarket's community charity scheme.**

Harvey Hall (Ive Farm Lane, E10 5HQ), has been transformed thanks to the support of Tesco Maintenance and 20 staff from Tesco stores around East London. It took the team more than two weeks to carry out the works; which included painting, carpentry, replacing ceilings and damaged flooring, installing new modern lighting, installing a disabled ramp and new guttering.

The 10th Leyton Scout group was first formed in 1920, and moved to Harvey Hall in 1966. As the group is a charity organisation, run entirely by volunteers, the building had unfortunately fallen into a state of disrepair due to lack of time and funds needed for repairs.

But thanks to a chance conversation between two friends, supermarket chain Tesco stepped in to help provide the manpower and resources needed to help bring the hall up to a decent standard.

Pat Towler, Group Scout Leader

of 10th Leyton Scouts, told Waltham Forest News: "One of our parents had a conversation with her friend last year, and mentioned that Harvey Hall needed some repair works carried out, but that we were finding it difficult to raise the time and funds.

"Luckily her friend, Elaine, worked for a Tesco store in Hackney and told her about the Community Champions scheme, which encourages staff to be ambassadors for their local areas and help out with community projects."

The 10th Leyton Scouts group meets every Wednesday and Friday, and there are three different sections; Beavers for young people aged six to eight, Cubs for ages eight to 10 ½ and Scouts for ages 10 ½ to 14 ½.

The Beaver group meets on Wednesdays from 5.15pm, followed by the Cubs group at 6.45pm on the same day. The Scouts meet on Fridays from 7pm to 9.30pm.

The group currently has around 60 young members aged between six and 14 ½, and Beavers, Cubs and Scouts are open to boys and girls from all cultural backgrounds.

Pat added: "The refurbishment has made a huge difference to our

group, and we are so thankful to everyone who gave up their time to help. The fact that the Tesco volunteers did all this work means that ultimately we get to spend more time with the children. If they hadn't have helped, the group leaders, volunteers and parents would have had to do the work in our spare time and therefore have less time to plan future events and activities for the children.

"I would really encourage parents to find out more about scouting. I think it offers a wonderful opportunity for young people to grow in all aspects of their lives. It gives them an opportunity to try hundreds of different activities, including adventurous outdoor activities such as camping trips away. And, of course, we also work towards earning badges through the scout programme which is always very popular with the young people!"

Elaine Price, Tesco Community Champion for Hackney, added: "We're committed to giving back to the local community, and the renovation work at Harvey Hall was a really hands-on way to give back locally. We hope the users of 10th Leyton Scouts group will enjoy the

new look hall for years to come, and we will continue to work with them throughout the coming year."

Pat Towler added: "Everyone involved in Scouting is a volunteer, and we freely give our time to encourage young people to develop life skills. It was wonderful to see the Tesco staff also doing their bit for the community by supporting our young people. We cannot thank them enough."

The official unveiling took place in November, as part of a celebration event attended by Mayor of Waltham Forest, Cllr Peter Herrington; Laurie Kavanagh, District Commissioner Waltham Forest South; Elaine Price, Hackney Borough Community Champion; Pat Towler, Group Scout Leader, all the other leaders and many young people.

### More info

For further information on Scouting, visit [www.scouts.org.uk](http://www.scouts.org.uk). To find out more about joining 10th Leyton Scouts, email [pattowler3@btinternet.com](mailto:pattowler3@btinternet.com) or phone 07917 014 954.

## In brief



Lisa Wallace was presented with a trophy by MyLocalPitch co-founder Jamie Foale

## Lisa's a winner!

The manager of one of Waltham Forest's fantastic leisure venues has won an award for her work to give local people a great sporting experience. Lisa Wallace, Duty Manager at Draper's Field (Temple Mills Lane, Leyton, E15 2DD) was named London Sports Venue Manager of the Year by leisure website MyLocalPitch. The award was launched to honour venue managers and thank them for their hard work to provide the best sporting experience possible to local people. Lisa, a Waltham Forest resident, has been managing Drapers Field for two years, and has worked for Waltham Forest's leisure services provider, Better, for more than 15 years. Lisa said: "I am so proud to have won the award. I believe that Drapers Field is a real community hub. It offers a place for people of all ages and backgrounds to come and play together in a safe and friendly environment. The team at Drapers Field go above and beyond to ensure all visitors to the park have a space and positive experience. I would like to thank the other duty managers, Boniek and Vas for being a great team and ensuring everyone's experience is amazing all the time, every time!"

• For more information on Waltham Forest's leisure facilities, visit [www.better.org.uk/waltham-forest](http://www.better.org.uk/waltham-forest) or [www.mylocalpitch.com](http://www.mylocalpitch.com).

## Learn Mandarin

If you're interested in learning to speak Mandarin, Leyton's Cross-Culture Bilingual Education Centre (LCB) can help. Tutor Mr Jianhui Cai is a highly-qualified teacher, with more than 25 years' experience. There are a range of different courses available, with everything on offer from children's and adults beginner's courses, up to advanced business Chinese for more experienced speakers. The group teaches Putonghua (standard Mandarin) – which is the most widely used form of Chinese in the world. The beginner's course is designed to provide an introduction of basic Chinese with the emphasis on developing practical listening, speaking, reading and some writing skills. By the end of the course students should be able to communicate in a range of daily life situations.

• For further information, visit [www.lcbeducationcentre.com](http://www.lcbeducationcentre.com), email [jianhui.cai@lcbeducationcentre.com](mailto:jianhui.cai@lcbeducationcentre.com) or phone 07412 485 813.

## In brief



A mural was unveiled at Kelmscott School, Walthamstow

## Mural unveiled

London's Deputy Mayor for Policing and Crime paid students at Walthamstow's Kelmscott School (245 Markhouse Road, E17 8DN) a visit to see the unveiling of an anti female genital mutilation (FGM) mural. Over the past 18 months, students at Kelmscott have worked on a range of actions aimed at raising awareness of, and campaigning against, FGM. The mural was designed by pupils with the help of local artist Emma Scutt, after the young people took part in education sessions around FGM delivered by the Council's community safety team. Their designs were brought to life on a wall at the Markhouse Road school. Sophie Linden, Deputy Mayor of London, joined Cllr Liaquat Ali MBE JP, the Council's Cabinet Member for Community Safety, Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, staff and students from Kelmscott and Emma Scutt for an official unveiling event last month.

• For more information about the community safety team's work to combat violence against women and girls, visit [www.walthamforest.gov.uk/content/community-safety](http://www.walthamforest.gov.uk/content/community-safety).

## Arts awards

The National Campaign for the Arts has shortlisted Waltham Forest Council in three categories in its annual Hearts for the Arts awards. The awards shine a spotlight on efforts by local authorities to ensure that the arts are at the centre of community life. Waltham Forest is in the running for an award in the 'Best Local Authority Arts Project encouraging community cohesion' category for the Walthamstow Garden Party. Council Leader, Chris Robbins, has been shortlisted in the 'Best Local Authority Arts Champion (Councillor)' category, and the Dementia Programme at the William Morris Gallery has made the shortlist in the 'Best Local Authority Arts Initiative' category. The winners will be announced next month. The National Campaign for the Arts was founded in 1985 as the UK's only independent lobbying organisation representing all the arts.

• To see the shortlists in each award category, visit <http://forthearts.org.uk/campaigns/heart-for-the-arts>.



Cllr Sharon Waldron met some of Waltham Forest's new Digital Champions at an event in November

# Improving residents' digital wellbeing

- Three new self-service digital tools launched on Council website
- Digital Champions are also on hand to help you get online and use the tools

**Last November Waltham Forest Council held a special Digital Month which aimed to demonstrate to residents the wealth of council services that can be easily accessed online.**

Having digital skills can improve employability prospects, financial inclusion, social mobility and health and wellbeing. Despite this, about seven per cent of residents are considered 'digitally excluded' and are unable to complete simple online tasks such as sending an email or using a search engine. And the proportion is even higher among older and disabled people, and those with chronic illnesses.

Since November, a lot has been going on to shine a spotlight on digital-focussed initiatives and to encourage people to get to grips with digital channels. Tech-savvy residents are helping other local people and businesses to use digital technology by volunteering their time

as 'Digital Champions'.

Digital Champions are people who have digital skills and are willing to volunteer to help others get online. Regular workshops are taking place in the borough's libraries. You can book a session at your nearest library, or phone the Council's Contact Centre to find out more. Additional workshops will be added in the coming months.

And the best news is that three new self-service digital tools have been added to the Council website, making it quick and easy to find the information you want.

The self-service tools are designed to help residents take control of their own lives, live more independently and begin to manage aspects of their own care, as appropriate. They will also help to manage future demand for Council services.

The first tool is the Waltham Forest Directory, which is split

into eight categories; children and families, abuse and protection, adult social care, health and wellbeing, learning and employment, leisure and recreation, home and housing and money. You can get advice on all family matters from free childcare to sporting activities and financial planning.

The second tool is Self-Assessment for Adult Social Care, which allows residents to assess their eligibility for care services. By asking a series of short questions, the tool will guide residents to the relevant information, advice and support that they need.

Once a resident has completed the questions, the tool indicates whether or not they may be eligible for Council support.

Finally, the Equipment and Living Aids marketplace allows residents and carers to browse for and purchase equipment that helps older or disabled people around all areas

of their homes.

There are 11 different equipment providers with 10,000 products to choose from such as walking aids, personal hygiene equipment and stairs and handrails.

Cllr Sharon Waldron, Cabinet Member for Digital and Customer Services, said: "The past few months has seen the Council empowering residents to find out more about digital technology and how they can find information online.

"I encourage residents of all ages to give our three new self-service tools a try, and see how easy it is to use our digital services 24 hours a day, seven days a week."

## More info

To try out the self-service tools for yourself, visit <https://directory.walthamforest.gov.uk>, <https://satwalthamforest.gov.uk> and <https://equipment.walthamforest.gov.uk>.

## Planning

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 164101

**APPLICANT** Mr Paul Kingman

**ADDRESS** 2 Wingfield Road, Walthamstow, London, E17 9NP

**PROPOSAL** Construction of dormer roof extension to main rear roof, together with installation of two roof lights to front roof. The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
  - 2: Click on 'planning applications' (under most popular)
  - 3: Click on the green text 'search for planning applications'
- Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 23 January 2017**

**Rob Bristow, Head of Development Management and Building Control London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 164170

**APPLICANT** Mr & Mrs Wehrle

**ADDRESS** 22 Forest Glade, Leytonstone, London, E11 1LU

**PROPOSAL** Alterations including construction of single storey side extension. The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
  - 2: Click on 'planning applications' (under most popular)
  - 3: Click on the green text 'search for planning applications'
- Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc)

received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 23rd January 2017**

**Rob Bristow, Head of Development Management and Building Control London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 163730

**APPLICANT** Mr Abdul Wahab

**ADDRESS** 672 Lea Bridge Road, Leyton, London, E10 6AP

**PROPOSAL** Conversion of rear of retail unit (Class A1) at ground floor level to studio flat (Class 3). Change of use from Class A1 to mixed use A1 and C3. The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
  - 2: Click on 'planning applications' (under most popular)
  - 3: Click on the green text 'search for planning applications'
- Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 23 January 2017**

**Rob Bristow, Head of Development Management and Building Control London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 164037

**APPLICANT** Mr Julian Wainwright

**ADDRESS** 37 Eden Road, Walthamstow, London, E17 9JS

**PROPOSAL** Installation of replacement windows to property elevations.

The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
  - 2: Click on 'planning applications' (under most popular)
  - 3: Click on the green text 'search for planning applications'
- Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 23 January 2017**

**Rob Bristow, Head of Development Management and Building Control London Borough of Waltham Forest**

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 164048

**APPLICANT** Mr. and Mrs. Long

**ADDRESS** 73 Grosvenor Park Road, Walthamstow, London, E17 9PD

**PROPOSAL** Construction of replacement single storey rear extension

The application is available to view on the following website:

**www.walthamforest.gov.uk/planning-search**

or follow these simple steps:-

- 1: Go to [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)
  - 2: Click on 'planning applications' (under most popular)
  - 3: Click on the green text 'search for planning applications'
- Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 23rd January 2017**

**Rob Bristow, Head of Development Management and Building Control London Borough of Waltham Forest**

## Notices

**THE MARRIAGES AND CIVIL PARTNERSHIPS (APPROVED PREMISES) REGULATIONS 2005 NOTICE OF APPLICATION FOR PREMISES TO BE APPROVED**

### AS A VENUE FOR CIVIL MARRIAGES AND CIVIL PARTNERSHIPS

I Paula Hall Ceremonies Team Leader / Deputy Superintendent Registrar, Waltham Forest Register Office, 106 Grove Road, Walthamstow London E17 4BY

HEREBY GIVE NOTICE that I have made application to the Council of the London Borough of Waltham Forest under the provisions of the Marriages and Civil Partnerships (Approved Premises) Regulations 2005 for the premises known as The Town Hall, Waltham Forest, Forest Road, Walthamstow E174JF to be approved for the solemnization of marriages in pursuance of Section 26(1)(bb) of the Marriage Act 1949 and the registration of civil partnerships in pursuance of section 6(3A)(a) of the Civil Partnership Act 2004.

1. The Marriages and Civil Partnerships (Approved Premises) Regulations 2005 state that premises can be approved by the Council if, in their opinion, and amongst other things:

- i) They are seemly, dignified and regularly available for civil marriages and civil partnerships;
  - ii) They have adequate fire precautions and other appropriate safety precautions; and,
  - iii) They are not used solely or mainly for religious purposes and have no recent or continuing use for religious purposes, which is incompatible with the use of the premises as a venue for civil marriages and civil partnerships.
2. Full details of the conditions and a copy of the Application and the plan of the premises may be inspected at the offices of the Superintendent Registrar, at 106 Grove Road, Walthamstow, London E17 4JA during normal office hours.
  3. Any person wishing to object to the grant of approval may do so by giving notice in writing, with reasons for the objection to the Superintendent Registrar at 106 Grove Road, Walthamstow, London E17 4JA and which must be received within twenty-one days of the date of this publication.

## Highways

### LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS ROADS) (TEMPORARY RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2017

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 23rd January 2017 it made an Order to allow for highway construction in a safe and efficient manner in various roads (TT66(16)).

2. The general effect of the Order will be, only at such times and to such extent as regulatory signs are displayed, to restrict vehicles from waiting or loading for any purpose "at any time" in:

- (a) **Albany Road, E17** – west side, outside Nos. 7 to 11 Albany Road;
  - (b) **Ashville Road, E11** – north-west side, outside Nos. 87 to 91 Ashville Road;
  - (c) **Elsham Road, E11** – north-east side, outside Nos. 9 to 11 Elsham Road;
  - (d) **Hamilton Road, E17** – south-east side, adjacent to No. 51 Colville Road;
  - (e) **Huddlestone Road, E7** – south-east side, outside Nos. 57 to 61 Huddlestone Road;
  - (f) **Malvern Road, E11** – north side, outside Nos. 62 to 66 Malvern Road; and
  - (g) **Melford Road, E11** – south-east side, outside Nos. 34 to 38 Melford Road.
3. Vehicles waiting or loading in disregard of this Order would be removed.
4. The restrictions mentioned above would not apply in relation to any vehicle being used:
- (a) in connection with the said works; or
  - (b) for ambulance, fire brigade or police purposes in an emergency.
5. The Order will come into operation on **23rd January 2017** for a period of 3 months, or until the works are completed, whichever is the sooner.

**Dated 23rd January 2017**

**Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

## Waltham Forest News advertising

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# London Borough of Waltham Forest

## Cann Hall

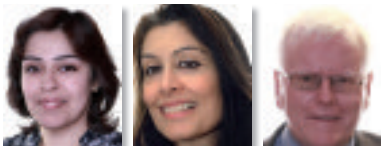


Patrick  
Edwards

Sally  
Littlejohn

Keith  
Rayner

## Cathall



Naheed  
Asghar

Shameem  
Highfield JP

Terry  
Wheeler

## Chapel End

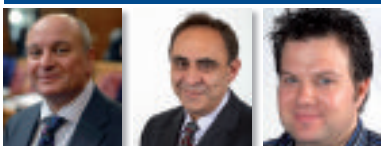


Paul  
Douglas

Louise  
Mitchell

Steve  
Terry

## Chingford Green

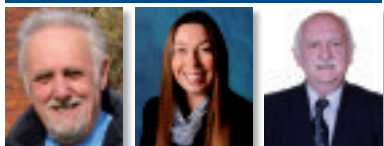


Matt  
Davis

Nick  
Halebi

Andy  
Hemsted

## Endlebury

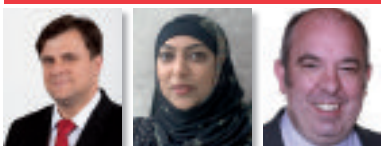


Roy  
Berg

Caroline  
Eric

Peter  
Herrington

## Forest



Kastriot  
Berberi

Shabana  
Dhedhi

Gerry  
Lyons

## Grove Green



Khevyn  
Limbajee

Anna  
Mbachu

Chris  
Robbins

## Hale End and Highams Park



Tony  
Bell

Paul  
Braham

Sheree  
Rackham

## Hatch Lane



Marion  
Fitzgerald

Tim  
James

Geoff  
Walker

## High Street



Liaquat  
Ali MBE JP

Raja  
Anwar

Clare  
Coghill

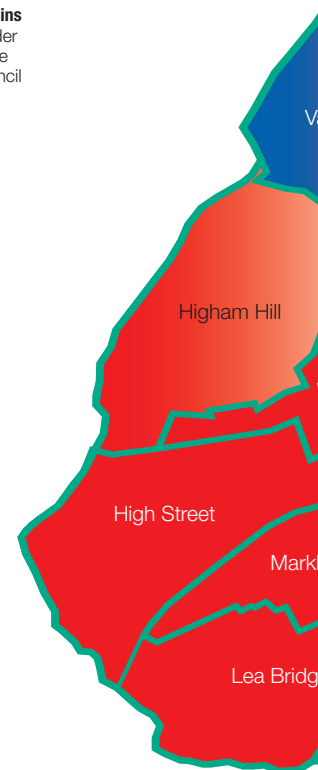
## Your Council



**Peter  
Herrington**  
Mayor of  
Waltham  
Forest,  
2016-17



**Chris  
Robbins**  
Leader of  
the  
Council



Labour

Conservative

## The Cabinet



**Chris  
Robbins**  
Leader of  
the  
Council



**Clyde  
Loakes**  
Deputy  
Leader of  
the Council  
and Cabinet  
Member for  
Environment



**Clare  
Coghill**  
Cabinet  
Member for  
Economic  
Growth and  
High Streets



**Liaquat  
Ali MBE JP**  
Cabinet  
Member for  
Community  
Safety and  
Cohesion



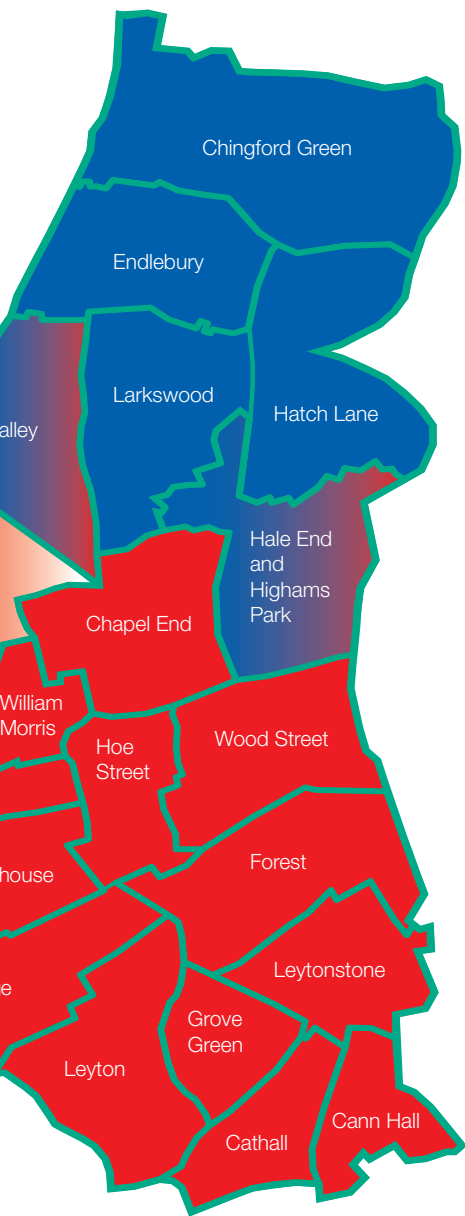
**Grace  
Williams**  
Cabinet  
Member  
for Children  
and Young  
People



**Khevyn  
Limbajee**  
Cabinet  
Member for  
Housing

To contact your local Councillor, or for more information,  
visit [www.walthamforest.gov.uk/your-local-councillor](http://www.walthamforest.gov.uk/your-local-councillor)

# Councillors



Con/Lab

Labour/Independent

## Higham Hill



Karen Bellamy



Tim Bennett-Goodman



Alistair Strathern

## Hoe Street



Ahsan Khan



Saima Mahmud



Mark Rusling

## Larkwood



Millie Balkan



Bernadette Mill



John Moss

## Lea Bridge



Masood Ahmad



Mohammad Asghar



Yemi Osho

## Leyton



Jacob Edwards



Whitney Ihenachor



Simon Miller

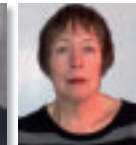
## Leytonstone



Jenny Gray



Clyde Loakes



Marie Pye

## Markhouse



Johar Khan



Asim Mahmood



Sharon Waldron

## Valley



Aktar Beg



Jemma Hemsted



Alan Siggers

## William Morris



Nadeem Ali



Stuart Emmerson



Grace Williams

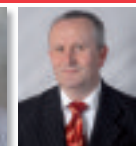
## Wood Street



Peter Barnett



Angie Bean



Richard Sweden

# Cabinet



Angie Bean  
Cabinet Member for Adult Services



Ahsan Khan  
Cabinet Member for Health and Wellbeing



Sharon Waldron  
Cabinet Member for Digital and Customer Services



Naheed Asghar  
Cabinet Junior



Stuart Emmerson  
Cabinet Junior

# Consultation proposal to relocate one of our Adult Learning Centres

We are consulting on our proposal to relocate the Leytonstone Learning Link Adult Learning Centre on North Birkbeck Road to an existing building on Cathall Road, Leytonstone, which also houses Leytonstone Children's Centre.

Adult education is extremely important. Many residents in low paid work or who are unemployed use adult education to get the skills they need to keep a job and progress within it. Currently in Waltham Forest, 11.3% of our residents are without any formal qualifications and 7% of

residents are unemployed which makes improving the standards of adult education a key priority for us. We support about 1,200 residents per year in the 4 wards that make up the southern end of the borough so we have an important role to play in helping residents get qualifications.

We want to make it easier for residents to access adult education, and believe this can be achieved by investing in a new centre that is closer to transport links.

This consultation provides more details on the proposal and asks for your views. It also gives you an opportunity to provide your view on any alternative options you would like us to consider.

**The consultation is open until Tuesday 28 February 2017.**

For the full consultation document and online survey please visit: **[www.lbwfadultlearning.co.uk/main/consultation](http://www.lbwfadultlearning.co.uk/main/consultation)**

## Hundreds of exciting daytime, evening and weekend courses

- Learn new skills
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- Gain a qualification
- Update your skills for professional development

To enrol, phone or visit any of our main centres. You can enrol on some of our courses online, visit our website for more information.

## Are you a Jobseeker?

You can do many of our courses FREE. We also offer apprenticeships.

## English and maths courses

English and maths courses start throughout the year. Before you enrol we need to assess your level of English or maths so we can tell you which course is best for you. Assessments will take at least one hour. Please do not bring young children with you as they may get bored and distract you or other learners.

If you have English as a second language and would like to talk to us about our courses for ESOL learners please call 020 8496 2974 or visit one of our centres.

The next assessments will take place:

### Queens Road Learning Centre

Monday 6 February 2017, 6pm–8pm

Wednesday 8 February 2017, 9.30am–12noon

### Leyton Neighbourhood Learning Centre

Saturday 4 February 2017, 9.30am–12noon

## Waltham Forest Adult Learning Service centre addresses

### Queens Road Learning Centre

97 Queens Road, Walthamstow, E17 8QR

### Leytonstone Learning Link

23–25 North Birkbeck Road, Leytonstone, E11 4JF

### Leyton Neighbourhood Learning Centre

3 The Square, High Road Leyton, Leyton, E10 5NR

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Email: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk)

Tel: 020 8496 2974

[www.lbwfadultlearning.co.uk](http://www.lbwfadultlearning.co.uk)

[www.facebook.com/lbwfadultlearning](https://www.facebook.com/lbwfadultlearning)



Waltham Forest

## PARVIN AND HER SON AND DAUGHTER-IN-LAW'S STORY;

Parvin has been a Waltham Forest foster carer for over 13 years. She shared her reasons for becoming a foster carer.

"I have always loved children. I worked at a school and really enjoyed working with the young people and wanted to do more. I considered becoming a foster carer for a long time. Later in life everything fell into place and I felt that it was the right time for me to become a foster carer."

"When I started fostering, I cared for children who were aged between five to 11 years old. I then went on to care for children aged up to 14 years old. The periods of time that I have cared for them can vary from two to three months, with my longest placement lasting six years. At one point I also cared for twins for six months."

"I feel that fostering enriches my life. It is so heart-warming to see a child laughing, happy and involved in what my family is doing."

"I feel privileged to be working with the Waltham Forest Fostering team, everyone is wonderful and wants to do the right thing for the children. I am also thankful that there is always someone at the end of the phone for support."

Salim, Parvin's son agreed and said, "We enjoy supporting mum with her role. My wife and I support mum and do what she asks to help address any issues. I am very close to one of mum's former foster children and consider him to be my brother."

Nadia, Parvin's daughter-in-law shared her feelings on being part of a fostering household and said, "I love seeing mum's foster children develop and the difference we make to their lives. For example, our last young person did not have an interest in studying but after some time and encouragement she had a very positive outlook on her studies. The young people are included as part of our family and come along to dinners and events with us."

### CASE STUDY



Salim, son (left),  
Nadia, daughter-in-law (centre) and Parvin,  
Waltham Forest foster carer (right)

24/7  
support

## WHAT MAKES A FOSTER PLACEMENT GOOD?

**"BONDING WITH THE FAMILY.  
BEING TREATED AS ONE OF THE FAMILY  
AND NOT THE FOSTER CHILD."**

**"BEING TREATED EQUALLY  
THAT IS REALLY IMPORTANT."**

**"THE FOSTER PLACEMENT  
BEING HOMELY AND THE FOSTER  
CARER MAKING YOU FEEL AT HOME."**

**"WHEN YOUR CARERS MEET YOUR  
NEEDS, LOOK AFTER YOU AND KEEP YOU HAPPY.  
WHEN THEY GIVE YOU LOVE AND AFFECTION AND  
SPEND TIME WITH YOU AND MAKE YOU FEEL LIKE  
PART OF THE FAMILY."**



[www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk)

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major brands

BE THE ONE

# FOSTER

Become a WALTHAM FOREST carer



## INFORMATION SESSIONS

Come along to one of our fostering information sessions. Meet the fostering team and one of our approved foster carers;

Waltham Forest Town Hall, Forest Road, Walthamstow, E17 4DF from 6.30pm;

### Dates:

**Tuesday 7 February 2017**

**Thursday 23 March 2017**

**Thursday 27 April 2017**

Or one of our prospective foster carer lunches at Waltham Forest Town Hall from 12 noon to 2pm;

**Wednesday 29 March 2017**

**Wednesday 17 May 2017**

Visit [www.fosteringwalthamforest.co.uk](http://www.fosteringwalthamforest.co.uk) for more events, dates and information.



\* CHILDREN'S PHOTOS ARE OF MODELS. NAMES CHANGED TO PROTECT IDENTITY



**"I FEEL AT HOME** LIVING WITH MY FOSTER CARER BECAUSE THE FAMILY MEMBERS ARE REALLY CARING. THEY MAKE SURE THAT I CONTRIBUTE TO A LOT OF ACTIVITIES, THIS STRENGTHENS OUR RELATIONSHIP."

RUMILA, AGED 15



**"SUSAN IS A WONDERFUL PERSON,** SHE DOES THINGS FROM THE HEART. SHE HELPS ME A LOT, SHE ALWAYS TREATS ME WITH RESPECT. WHENEVER I NEED ANYTHING I WILL GO TO SUSAN AND SHE WILL ALWAYS TRY HER BEST."

JASON, AGED 12

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